

Question bank
Class XI
Physical Education

Chapter 1: Changing Trends and Career in Physical Education

Very Short

1. What is physical education?
2. Write one aim of physical education.
3. Mention one career option in physical education.

Short

1. Explain the importance of physical education.
2. Write any four objectives of physical education.

Long

1. Define physical education and explain its aims and objectives.
2. Describe career opportunities in physical education in India.

Chapter 2: Olympic Movement

Very Short

1. What are the Olympic rings?
2. Who founded the modern Olympic Games?
3. What is the Olympic motto?

Short

1. Write a note on the Olympic values.
2. Explain the role of IOC and IOA.

Long

1. Describe the origin and symbols of the modern Olympic Games.

2. Explain the Olympic movement and its importance in sports.

Chapter 3: Physical Fitness, Wellness and Lifestyle

Very Short

1. Define physical fitness.
2. What is wellness?
3. Name one component of health-related fitness.

Short

1. Differentiate between physical fitness and wellness.
2. Write the importance of a healthy lifestyle.

Long

1. Explain the components of health-related fitness.
2. Discuss how lifestyle affects health and fitness.

Chapter 4: Physical Education and Sports for CWSN

Very Short

1. What does CWSN mean?
2. Define adaptive physical education.
3. Name one professional who helps CWSN.

Short

1. Write the objectives of adaptive physical education.
2. Explain the importance of sports for children with special needs.

Long

1. Describe the role of physical education in the development of CWSN.
2. Explain the contribution of counselor, physiotherapist, and occupational therapist for CWSN.

Chapter 5: Yoga

Very Short

1. What is yoga?
2. Name one asana.
3. What is pranayama?

Short

1. Write the importance of yoga in daily life.
2. Explain any two elements of Ashtanga Yoga.

Long

1. Define yoga and explain its importance in physical and mental health.
2. Describe the procedure and benefits of any two yoga asanas.

Chapter 6: Physical Activity and Leadership Training

Very Short

1. What is leadership?
2. Define adventure sports.
3. Mention one quality of a good leader.

Short

1. Write the qualities of a sports leader.
2. Explain the importance of adventure sports.

Long

1. Describe the role of leadership in physical education.
2. Explain safety measures in adventure sports like trekking or rock climbing.

Chapter 7: Test, Measurement and Evaluation

Very Short

1. What is a test?
2. Define measurement.
3. What is BMI?

Short

1. Differentiate between test, measurement, and evaluation.
2. Write the procedure for calculating BMI.

Long

1. Explain test, measurement, and evaluation in physical education.
2. Describe the procedure and importance of BMI and waist-hip ratio.

Chapter 8: Fundamentals of Anatomy and Physiology

Very Short

1. What is anatomy?
2. What is physiology?
3. Name one body system.

Short

1. Write the functions of the skeletal system.
2. Explain the respiratory system in brief.

Long

1. Describe the structure and functions of the skeletal system.
2. Explain the role of anatomy and physiology in sports.

Chapter 9: Kinesiology, Biomechanics and Sports

Very Short

1. What is kinesiology?
2. Define biomechanics.
3. What is motion?

Short

1. Write the importance of biomechanics in sports.
2. Explain types of motion in brief.

Long

1. Describe the application of biomechanics in sports performance.
2. Explain the role of levers and force in human movement.

Chapter 10: Psychology and Sports

Very Short

1. What is psychology?
2. Define sports psychology.
3. What is motivation?

Short

1. Explain the importance of sports psychology.
2. Write the developmental characteristics of adolescents.

Long

1. Describe the role of psychology in sports performance.
2. Explain the problems of adolescence and their management. |